



Name: _____

Teacher: _____

Date: _____

Be active every day! Circle the ways you were active each day.

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



Parents, please read the back of this page for easy tips to keep your family more active.

Your Active Child

Young children have a lot of energy and like being active. Being active is important to help them stay healthy. Use this chart with your child; remind them to circle the activities they do each day. The activities pictured on the front are:



Children need to aim for 60 minutes of activity per day, most days of the week. Children today do not get enough daily activity. This week try to focus on getting more active as a family. Adults need physical activity too, at least 30 minutes a day, most days of the week to stay healthy.

Physical Activity

Tips to make your family more active this fall:



- Take a walk in the woods and look at the changing colors of the leaves.
- Collect leaves as you walk, when you get home try to find out what trees they are from
- Dress for the weather in light layers.
- Leave early in the day to make sure you are off the trails by dusk.
- Take a short family walk after dinner.
- Rake big piles of leaves and jump in!

"Screen Time"

Tips to reduce non-active time



- Turn off the TV during meals.
- Limit TV and computer use for everyone in the family.
- A good goal for kids is no more than two hours total per day of TV, computer or video games.
- Encourage your child to read (or read to your child) instead of TV, video or computer use.
- If your child doesn't enjoy reading try crafts, puzzles or coloring books instead.



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Your Active Child

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Outside Play



Vacuuming



Skating



Playing in the snow



Singing/
make believe



Indoor play



Housework



Sledding



Dancing



General activity

Children need to aim for 60 minutes of activity each day, most days of the week. This will help them stay healthy and fit. It's easier for children to be active if they see the adults around them being active. Adults need physical activity too, at least 30 minutes a day, most days of the week to stay healthy.

Physical Activity

Tips to make your family more active this winter



- Try winter activities like, sledding, ice skating and playing in the snow.
- Dress for the weather. Kids will enjoy cold weather when they are dressed for it. Remember mittens, boots, and hats when outside. Wear layers to stay warm.
- Take a short family walk after dinner.
- Be active indoors: go bowling, walk at the mall, go to a museum (check your library for museum passes), roller-skating, and dancing.

"Screen Time"

Tips to reduce non-active time



- Limit TV and computer use for everyone in the family.
- Slowly reduce daily "screen time." Aim for two hours or less per day.
- Instead of watching TV or playing video and computer games encourage your child to read, do puzzles, crafts or other activities.
- Make the time you used to spend watching TV your family activity time.



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Your Active Child

Young children have a lot of energy and like being active. Being active is important to help them stay healthy. Use this chart with your child; remind them to circle the activities they do each day. The activities pictured on the front are:



Hop Scotch



Vacuuming



Organized Sports



Playground Time



Singing/
make believe



Outdoor play



Housework



Yard work



Dancing



General activity

Children need to aim for 60 minutes of activity per day, most days of the week. This week try to be more active as a family. Adults need physical activity too, at least 30 minutes a day, most days of the week to maintain health.

Physical Activity

Tips to make your family more active this spring



- Encourage your kids to play outside.
- Dress your child in layers, either a light jacket or sweatshirt that can be removed if the day gets warmer.
- Take a short family walk after dinner.
- Break up activity into 10-minute blocks. This will make it easier to fit into your schedule.

"Screen Time"

Tips to reduce non-active time



- Cut down on TV watching, computer use, and video game time, a good goal is no more than two hours per day total.
- Don't snack in front of the TV.
- Encourage your child to read (or read to your child) instead of watching TV or playing video or computer games.
- Play board games or card games instead! These games can help children learn reading and math while having fun with you!



This was created by the NH Department of Health and Human Services, Nutrition and Health Promotion Section.

For more information about children and physical activity contact Regina Flynn, Health Promotion Advisor, at 1-800-852-3345

Ext. 4623



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Your Active Child

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Water Play



Hopscotch



Playing Outside



Playground Time



Singing/
make believe



Indoor play



Housework



Swimming



Dancing



General activity

Children need to aim for 60 minutes of activity per day, most days of the week. Children today do not get enough daily activity.

Adults need at least 30 minutes of activity per day, most days of the week to stay healthy. Adults need 30-60 minutes of activity each day to lose weight.

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Physical Activity

Tips to make your family more active this summer



- Take a hike. Start with a short distance (one mile) and work up to longer trails.
- Plant a small garden. Kids love pizza gardens planted with tomatoes, peppers, and Italian spices. Fast growing plants like radishes and sunflowers are great too!
- Remember to use plenty of sunscreen. Apply every two hours.
- Have your kids drink water. Keep away from soda or high sugar drinks.

"Screen Time"

Tips to reduce non-active time



- Turn off the TV during meals.
- Take TV sets out of the bedrooms.
- Slowly reduce TV/computer/video game time so that it is no more than two hours per day total.
- Go to the library and look up some games you can play this summer. Chalk games (hopscotch and four square) are fun and easy to play.
- Have a family board game night instead of a TV or movie night!

